Did you know that most skin cancers — including melanoma — are preventable? Decrease your risk of skin cancer by following these simple tips:

**WEAR** clothing to protect you from the sun. Good options include a wide-brimmed hat, sunglasses, and lightweight, long-sleeved shirts and pants.

**SEEK SHADE** and try to avoid the sun between 10 a.m. – 2 p.m, when it’s strongest.

**USE** a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or more. Choose a sunscreen containing physical barriers such as zinc oxide and titanium dioxide. Generously apply it, and reapply every two hours (even on cloudy days) and after swimming or sweating.

**AVOID** tanning beds, which can cause skin cancer and wrinkling. If you want to look like you’ve been in the sun, consider using a sunless self-tanning product and continue to use sunscreen with it.

**USE** extra caution near water, snow and sand: They reflect the sun’s damaging rays.

**GET** vitamin D safely through a healthy diet, which may include vitamin supplements. If you need a supplement, look for vitamin D3.

**CHECK** your skin every month: If you notice anything changing, growing or bleeding on your skin, talk to your doctor. Skin cancer is very treatable when caught early.

For more information visit: [www.ohsu.edu/dermatology](http://www.ohsu.edu/dermatology)